

Meal Plan Overview

Final Meal Plan: The “Spice Route” Mini

Dates: Monday, Jan 19 - Thursday, Jan 22, 2026 Theme: Complex Flavors, Under 45m Prep, No Tough Meat.

17 Week Overview & Prep Schedule

Day	Meal	Prep Note
Monday	Turkish Lentil Soup	No Defrost needed. Chop veg while lentils simmer.
Tuesday	Mediterranean Bowl	Defrost: Pull Fire Roasted Roots from freezer today.
Wednesday	Off/Leftovers	
Thursday	Beef & Broccoli Stir-Fry	Defrost: Move Chuck Stew Meat to fridge Wed night. Sliced best while semi-frozen.

2. Tuesday: Mediterranean “Rainbow” Bowl



- **Total Time:** 30 mins.
- **Flavor Layer:** Crispy spiced chickpeas + Lemon-Dill yogurt sauce + Minty cucumber/tomato salad.
- **Kid Submeal:** Rainbow Plate (Separated piles of chickpeas, roots, cucumbers, and yogurt dip).
- **Recipe File:** [recipes/mediterranean-bowl.md](#)

3. Thursday: Velveted Beef & Broccoli Stir-Fry



- **Total Time:** 35 mins.
- **Flavor Layer:** Ginger/Garlic/Sesame sauce + Velveted beef (tender, never chewy).
- **Kid Submeal:** Plain beef strips + Steamed broccoli + Plain rice.
- **Recipe File:** [recipes/beef-and-broccoli.md](#)

The Recipes

1. Monday: Turkish Lentil Soup & Shirazi Salad

- **Total Time:** 40 mins.
- **Flavor Layer:** Sizzling Aleppo/Garlic oil drizzle + Heavy Lime juice.
- **Kid Submeal:** Plain boiled carrots/potatoes (fished out before blending) + Cheese Toast.
- **Recipe File:** [recipes/turkish-lentil-soup.md](#)